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Arthritology:

OR, A
DISCOURSE
OF THE
GOUT.

Written by
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L O N D O N:
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REPRODUCTION

DISCOVER



JOHN CROFT

1641

TO THE
R E A D E R.

ALL improvements in arts have ever been alike obnoxious, to the fate of either being slighted by the injudicious, or frown'd upon by the censorious ; till being crown'd with success, their manifest advantages have forced mankind to a liking of, and compliance with the undertaking.

And though Physick is more than the rest capable of improvement, as its daily advance doth sufficiently manifest : yet being

To the Reader.

likewise daily sullied by the vain pretences of the ignorant, 'tis no wonder, if even the judicious themselves look somewhat strangely upon what is beyond the common method of practise.

But every thing that seems new ought not therefore to be rejected; since, if it be verified by experience, it bears date with time and truth it self: the limits of art and nature not being of so narrow a compass as our present knowledge. And though it be far from me to imagine my skill and judgment to be above that of other Physicians, however my university, and collegiate qualifications, will (I hope) sufficiently exempt me, from being

To the Reader.

accounted only a pretender to what I profess.

Yet having (besides the other parts of Physick) chiefly employed my time and studies, in order to the cure of the Stone; wherein what success I have had, both by inward remedies and manual operation, this famous city can sufficiently evidence; and finding the Gout to be equally tormenting, if not as pernicious a disease, and altogether of the same origine, 'tis no wonder if the proximity of the subject bent my endeavours that way.

Now having by the blessing of GOD attained, to a seldom failing method for the cure of, and preservation from that disease: I submit my endeavours

To the Reader.

to your candid reception, referring you for your further satisfaction, to the ensuing treatise, and a continued success by experience.

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THE body of man contains in it blood, phlegm, and a two-fold bile, to wit, yellow and black, of which the nature of this body is constituted, upon account whereof also it is sick, and enjoys health, *Hipp. de Naturâ Humanis,*

Text xix, & sequ. Yet not these humours alone do affect the body, but the qualities of the humours are in a possibility to affect it; such as, a bitter, a salt, an acid, and other things both within a man, and out of a man; and these qualities indeed through a mixtion, and mutual temperament among themselves, are neither discerned, nor create any man trouble: but when any one of these is divided or separated from the rest, and exists by itself, then it is clear and plainly evident, how great trouble and pain it creates a man.

The salt in our body, the salt, I say, and acrid, which was diluted with a thin insipid,
or

or water, as soon as ever it is separated, and falls upon the sensible parts about the joynts, there it presently excites pain, first of all by twitching and pricking them, and not long after by pressing and distending them with its abundance. As this salt likewise is more or less sharp or vehement, the pains also do much vary, that is, do increase or abate. And this salt is lodged in the *serum*, which that it is acid, or that an acid adheres to it, cannot be denied.

There is moreover in the *serum* of our body a certain thicker matter, which we may call the terrene *fæculency*, of which nodes are chiefly generated.

This

This one thing also we do over and above maintain, that there is something of a thicker salt in the *serum* itself, which joyned by some of the terrene blood out of the rest of the mass, will much alter the nature of the Gout, in respect of pain, heat, and duration, as to degree, or violence, or gentleness. Besides, this salt *serum* is contained about the extremities of the muscles, tendons, ligaments, *periostea*, and the other nervous parts of the joynts, * in which places also nodes and stones are usually bred.

con- Moreover, as long as the use of things ~~non~~-natural is moderate, all goes well; but when the body is pampered with more
plenty

plenty than is needful, the particles of the blood are not so exactly mixt with the rest of the mass, but are blended and confounded as heterogeneous ; whereupon, sanguification once vitiated, the blood is usually corrupted by divers humours, and the non-natural heat grows so high, that it is forced to undergo a fermentation, like new beer, and it works so much more than usual, that it seems to boyl : then it forces those sharp and foreign juyces, together with part of the *serum* , by what way it finds ; what gets into the guts is evacuated by a watery looseness ; what into the kidneys , by plenty of urine ; what into the habit of the body, by the pores

pores of the skin : but what falls upon the joynts, pierceth into the inmost recesses and interstices of the nervous parts, which being beset round with dense and cold parts, use to stop and retain the *serum*. This *Serum* at first is very small, but thin and sharp, producing pain only deep within, and a swelling without ; yet the violence of the pain continuing, greater store of *serum*, and very often a flood of other humours with it, supervenes, so that at last the swelling appears, which in a plethorick body by its redness, heat, and throbbing pain resembles an angry boyl : and when this humor is spent , that fit of the Gout is at an end.

And

And the nature of this disease is such , that when it has once seized a man (unless by the care and industry of Physicians prevented, especially by such as are well experienced in this affair) scarce any one can look so well to himself , but that at certain seasons and distances of time it will return, when the matter is increased afresh, and gathered to the joynts again ; which distances in the beginning are longer, and when the mass of blood is vitiated, and the joynts weakned , become shorter , so that they confine some people perpetually to their bed, and render the joynts stiff and knotty.

It

It remains now to enquire, what the causes of the serous matter in the blood are, and then what moves it first, and causes the fit; the first our Schools call *Antecedent*, the latter, *Procatartick* causes. *Hippocrates* in his Book *de prisca Medicina* teacheth, how that Salts, Acids, Sweets, and abundance of other such things, which are in us, have divers faculties according to their plenty and power; but do no way molest us, when they are mixt and mutually tempered one with another.

This mixture and temper is often dissolved in the mass of blood, when the humors are augmented in plenty or power,

or

or in both. Omitting other humors, in the foregoing discourse, we have only mentioned the *serum*, to which in the further disquisition hereof we will confine our selves, and do say, that sometimes the evacuation of this *serum* is hindred, and sometimes too great plenty of *serum* is bred. The necessary evacuation of the *serum* is hindred, when some vicious matter is impacted in the very glands, whence it comes to pass, that either the sensible or insensible transpiration of our body is insufficient, as it happens in idleness, melancholy, stopping of sweat, and over-cooling the body.

More.

Moreover the necessary evacuation of this *serum* is hindred, when people are costive, and make but a little urine and thin, such as contains not in itself enough of salt and sediment.

For the alimentary and sweet portion of what we eat and drink, cannot be wholly converted into the substance of our body, but even this has some excrements: So that the *Succus ἀκρὸς καὶ διαπερὼν*, the imperfect and violent juice, which is the other part of our aliment, (according to Hippocrates) ought not to be wholly mixt with the blood, but the greatest share of it should be purged out by stool and urine (whence it may be drawn by destillation).

Now

Now if for the causes aforesaid the evacuation of the sharp *serum* be checked, as it increaseth first in plenty, and then in power, it is separated from the other parts; and so it affords matter for the Gout.

Now we proceed to the second, that is, to the more plentiful generation of *serum*; here we do not mean the supply of the watry part, but of the acrid and salt, or a certain hereditary inclination to the Gout, (derived from the seed and maternal blood) which seems to consist in a weakness of the joynts, and especially in some innate fault of the blood. Then there is an adscititious disposition of the body, induced partly by the

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frequent invasion of the fit, partly by the manner of living, such as is in them, who though they use their utmost diligence, cannot guard themselves from the return of this grief.

Which indeed happens for divers causes, hereafter to be mentioned, namely, through the weakness of the parts about the joynts; through pains, whereby many fibres of the nervous parts are broke; from a frequent influx of humors, whereby the parts are relaxed and softened; through unreasonable heat or cold; from violent motion, as it happens in Venery; and finally, when a vitious sanguification is contracted, whereby the acrid matter is continually

ally bred in the blood.

Such meats and drink should be taken notice of, as have in them a sharp matter in such plenty and power, as not being to be conquered with the other juices in our body, it can neither be sufficiently separated nor discharged, nor can it be exactly mixt or tempered with the other juyces.

Such as are generous Wines, which have much Tartar in them; for not only that Tartar, but the spirit also breeds the Gout, which consists of an oyl, an acid and a volatil salt, from whence the Wine receives all its strength.

Moreover, gluttony and drunkenness contribute much to the

breeding of this humor ; all intemperance likewise in dainty meat and drink, over hard study, especially in the night, which in this case is the most dangerous; and afflicting cares; all these hinder sanguification, so that the sharp part in the aliment is either not well mixt, or not well separated ; and above all immoderate *Venus* is the most dangerous and hurtful.

But if any doubt arise, and the question be, what way it hurts, it may properly be replied, that *Hippocrates* his assertion is of undoubted truth ; *there is in us a salt and a sharp* : Now I think this is rendred more efficacious by the use of *Venery*, so that at first it is augmented
not

not so much in plenty as in power ; for what is sweet or fat in the blood , is consumed partly with the spirits , partly with the seed , and what remains is more and more exasperated, and so existing more apart, it acquires strength and does harm.

This matter being augmented and gathered by the foresaid causes, is moved, not always by the proper impulse of nature, but often as it is stimulated by several evident causes ; such as are able either to impress an impulse on the blood , or to quicken its internal motion or fermentation, violent passions of the mind , especially anger and fear, sudden cold and heat,

retention of accustomed sweat, some seasons of the year, especially Spring and Autumn, and as we said before, gluttony and Venery.

The causes of this disease being now explained, we lay down this definition of the Gout:

The Gout is a violent pain of the parts about the joynts, caused by a serous and sharp humor, suddenly coming out of the Vessels.

Sometimes wandring pains foretell the Gout to be coming, especially in the joynts of the feet or hands: that it is at hand, stretching, yawning, painful weariness, catarrhs, wandring pains

pains in the limbs and joynts, and sometimes a heaviness in the head do shew : a kind of feverish heat, a pricking pain in the joynt, with inability to move, and after that a swelling usually red, which are attended by divers other things, as watching, loss of strength, and several other complaints familiar to gouty persons, shew it to be present.

The Gout ends either in the translation of the matter to a more ignoble part, or in the discussion of it, or when, being changed into corruption, it breaks through the skin, or when, tarrying long there, it turns knotty : All which come to pass, sometimes by the assist-

ance of nature, sometimes of art.

For there is a twofold design in the artificial cure ; First, to remove that which aggravates the paroxysm ; Secondly, to preserve the patient from the return of it. In the fit three things are urgent, pain, the swelling and inability to move ; of all which since an humor is the cause , partly still coming in, partly got in already ; so the whole method of cure consists in two things ; first in hindring the influx of the humor ; secondly in expelling the humor that is got in.

Which method of cure is often interrupted by some grievous pain or by some other urgent symptome. The

The influx may be checked by repelling the humor from the joynt, or by stopping its motion, or by expelling it out of the Body.

Repulsion, whereby the humor is driven from the part affected, may be made either by strong ligatures, or by application of coolers and astringents.

The Repulsion of this humor in the beginning is very dangerous, because the repulsed humor may run either into another joynt, or into some more noble part, or being impacted into the inner recesses of the parts about the joynt, it may increase the pain.

The motion of the humor, which depends upon a certain
in-

inevitable agitation of the heterogeneous humors, cannot of itself be stopt ; yet it may be abated by evacuating some part of the mass of blood (if nothing hinder) by venæsection ; whereupon the quantity of the humors being lessened, the heat of the blood, and the violence of the peccant matter, may both be stopt in some measure.

The evacuation of the humor, which does offend, (if this humor could altogether be evacuated,) would prove a most effectual remedy against its running into the joynts.

Now this evacuation is made by vomits and sweats. Vomits and purges may either follow blood-letting, or they may serve

serve instead of it, without any previous preparatives or alterations. Diureticks and sudorificks do very often give much relief ; the reason is, because nothing in a manner besides are so able to extirpate the very root of the disease, that is, the salt and tartar : for we have known several, who have been recovered by virtue of these, taken either separately or together : such as are antimonial medicines, *antimonium diaphoreticum*, Cinnabar of Antimony, &c. Volatil Salts, as volatil Salt of harts-horn, greater burdock-root, a decoction of germander, and several things called antipodagricks.

To

To remove the humor, when it is fallen upon the joynt, there is a necessity for discutients, wherewith sometimes something of a repellent is to be mixt. Fat and oily things are carefully to be avoided, whereby the pores are shut up. Remedies composed of salts, either fixt or volatil, are the safest of all ; the reason is, because they vehemently discuss the impacted humors, and corroborate the weakned parts. There are some also, who use to apply spirit of salt, mixt or allay'd with some other Liquor.

In the mean time we must attend with our utmost diligence and caution, to things which either relieve or do prejudice

judice ; because the salt humors may be various, and may be mixt with various ichors. If the matter, when the thinner parts are discussed, do congele, and degenerate into chalky knots, stronger emollients, together with discutients, are convenient ; such as gum Ammoniack, and several sorts of gums, to which if the node gives not way, the skin must be broke, and the chalky stones taken out.

As to the diet, in the fit it must be altogether spare and thin, small wine may be drunk moderately, sharp and salt food must wholly be avoided, the cold air is to be kept off, and sweating must be indulged.

A

Pindarick O D E

On the

Discourse of the Gout.

O GOUT! thou cruel Jaylor of Mankind,
 That fetter'it All,
 Both Great and Small,
 Of every kind!

O thou tormenting Gout, the worst of things,
 Thou spar'it no Schollar of the Gown,
 Nor any Artift of the Town,
 Thou tyrannizest over Kings!

Other Diseases in respect of Thee
 Are health and rest, thou'rt pain and misery!
 Thou art the King of Terrors in thy strife,
 A living Death, and yet a dying Life.

Pandora's Box no Fable is, but true;
 For why, 'tis plainly verified in you.
 From these great Evils when thou sets us free,
Greenfield, thou shalt our Guardian-Angel be.

Sic Cecinit,

F. F. T.

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A Copy of a Letter.

Huntington, Octob. 5. 1690.

Honoured Doctor,

SIR,

After I had made use of your directions, I thought fit to give you an account thereof: I bleſſ God, I am well rid of my pain, so that I am able to do any thing about the House, to the admiration of all my Neighbours. I could not have made a bed within this three months, if I might have had the wait of it in gold, to have done it, my pains were so great, and my strength so little in my joynts, &c. which is all from your Servant, who shall ever own you for my Doctor and Restorer of my health under God.

Catherine Ashton.

Ano-

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Another. *Bellow near Alford,*
March 20. 169^o.

Worthy SIR,

Your medicines, though not so timely brought by the Carrier, yet came to my hands at last. I consulted Dr. Gibbons, my Friend at Oxford, who is against violent precipitating medicines, for fear they should wake, as he calls it, the sleeping Lion.

(Now the case of this Gentleman who writes this Letter to the Author of this Treatise, was the Gout and Stone in the Kidneys, the Doctor's speech relates to the latter).

I like your medicines well, because they prevent the Gout, and encrease Urine gently, &c.

Your affectionate Friend
and Servant,

John Morrel.

F I N I S.

Post-script.

SEveral Persons having applied themselves to the Author, since this Treatise was made public, enquiring about the Success of the Author's Method, he has thought it not amiss for their convenience and ease to himself, to publish the Names and places of Abode of some of those he hath cured of the Gout, that so any that are inquisitive, may receive a further satisfaction, and doth not doubt but they will be

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con-

vinced, that what he has asserted, is not meerly rational, but verified by Practise.

Frances Stracy, at the Corner House of *Cole-Stairs* in *Shadwel*, who keeps a Slop-shop, says, That some Years ago she her self was violently seized with the Gout over all her Limbs, so that she could not stir her self without Crutches, was raised and perfectly cured by *Dr. Greenfield*, and that she hath not had ever since the least sign of any relapse.

Mrs. Law (in *Petty-Coat-Lane*, - in *Cobb's Yard*) says, That she her self was in all her Limbs full of the Gout, info-

insomuch that her Husband expected no Cure, but that she should have been always lame, and gone on Crutches, that she could not help herself, and was perfectly cured by Dr. *Greenfield* about a Year ago, taking now and then something still from the Doctor, to prevent a relapse.

Captain *Webber* in *Foxes-Lane* in *Shadwel*: The Wife and Daughter relate, That last May was a Twelve-month, the Captain had the Gout in great extremity, and was cured by Dr. *Greenfield*, even to a Miracle, and under God cannot deny to give the Doctor the Honour of it, for since he hath

not perceived the least Relapse.

Mrs. *De Ulieger* says, That her Husband (in *St Martins Le Grand*, in the new Rents against the *Coffee-House*) was last Winter very much afflicted with the Gout, and that under God he was raised by *Dr. Greenfield*, and has kept well ever since: That the Doctor still followed him with Medicines, to prevent a Relapse.

Sir *John Matthew* in *Winchester-street*, and Sir *Robert Holmes*, Men of great Note and Eminency, having made use of the Author's Prescriptions

ons

ons and Medicaments, have found them very effectual, giving much ease and benefit in a little time, their Fits being quite removed, their Lame-nesses much abated in respect of what they used to be, and went about with more strength, whereas they used to be long laid up, and not able to stir.

Mr. *John Mulder*, in *Goldstone Square* in *White-Chappel*.

Mrs. *Webb*, in *St. Olaves-street*, against *Barnaby-street*, were also lately both cured of the Gout by the Author, and continue well.

Mr.

Mr. How, a Confectioner in Red-Cross-street, at the Rose and Crown; and

Mr. Sturt, a Mercer in West-Smithfield, the corner of Cloth-Fair, both give an Honourable Account of what they have received by the Author of this Treatise.

The Author has made a beginning with Captain *Edward Bartelet*, who has lost sixty Ounces of Blood in one day, and is now very lame, having a Fit of the Gout upon him: The Reader may enquire about the Author's Proceedings and Success: He lives on *Stepney-Causey*. He began his Course the 18th. of *August*, 1691.

Thus

Thus Mrs. *Harrison* has also begun, being the Wife of *Ralph Harrison* (being under the same Circumstances) Living in *Sheeles* near *Newcastle*.

From my House in Throgmorton-street, the next Door but one to Broad-street.

F I N I S.